

### CATEGORY-III

#### B.A (Prog.) with Human Development and Family Empowerment (HDFE) as Non-Major

#### DISCIPLINE SPECIFIC CORE COURSE – DSC-4-HDFE: INTRODUCTION TO HUMAN DEVELOPMENT

#### Credit distribution, Eligibility and Pre-requisite of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
Introduction to Human Development	4	2	0	2	Class XII Pass	DSC-2-HDFE (Non-Major)

#### Learning Objectives:

1. To create an understanding of various stages of lifespan development.
2. To understand developmental changes occurring during infancy, childhood, adolescence.
3. To understand the conflicts during various stages of lifespan development and ways to deal with it.

#### Learning Outcomes:

After completion of the course, the students will be able to:

1. Understand developmental changes occurring during the lifespan with respect to infancy, childhood, adolescence
2. Understand various stages of lifespan development with respect to conflicts and ways to deal with it.
3. Learn the basic skills of research and documentation and apply the knowledge of methods of data collection in real life situations.

#### THEORY

(Credits: 2; Periods: 30)

#### Unit 1: Development in early years: The new-born and stage of infancy (10 Hours)

- *Unit Description:* This unit will discuss about the development in early years
- *Subtopics:*
  - New-born: Characteristics.
  - Reflexes
  - Infant developmental milestones

**Unit 2: Childhood- Early & Middle Hours) (10**

- *Unit Description:* This unit will introduce all domains of development with regard to early and middle childhood period.
- *Subtopics:*
  - Physical Development.
  - Socio-emotional Development.
  - Cognitive and Language Development

**Unit 3: Adolescence Hours) (10**

- *Unit Description:* This unit will introduce regarding adolescent age group
- *Subtopics:*
  - Definition.
  - Characteristics.
  - Developmental milestones.
  - Physical changes in males and females.
  - Psychological implications of physical changes.
  - Social – Emotional Development.
  - Cognitive Development.

**PRACTICAL  
(Credit: 2, Periods:60)**

**Unit 1: Understand Methods and techniques of child study. (15 hours)**

**Unit 2: Conduct any 2 interviews. (30 hours)**

**Unit 3: Conduct any 1 observation. (15 hours)**

**Essential / recommended readings:**

1. Bee, H. L (2011). *The developing child*. London: Pearson.
2. Berk, L. E. (2017). *Development through the lifespan* (7rd edition). US: Pearson Education.
3. Santrock, J. W. (1996). *Child development*. New York: Tata McGraw Hill
4. Verma, P., Srivastava D. N. and Singh, A. (1996). *Bal manovigyan and bal vikas*. Agra: Agrawal Publication.

**Suugested readings:**

1. Papilla, D.E., Olds, S. W. and Feldman, R. D (2004). *Human development*. New York: Mcgraw Hill.
2. Singh, A. (2015). *Foundation of Human development: A lifespan approach*. London: Orient Longman.
3. Singh, V. (2007). *Bal vikas avam bal manovigyan*. Jaipur: Panchsheel Prakashan.

4. Sapra, R. (2007). *Manav vikas: Ek parichaya*. New Delhi: Vishwa Bharti Publications. Chapter 1, pg 1-6

**Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.**